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ABSTRACT

This book presents sexual abstinence as a viable, positive choice for teenagers. In seven lessons focusing on the advantages of delaying sexual intercourse, this high school curriculum acknowledges the need for sexual expression by young people and provides activities that help them sort through the internal and external pressures that affect their sexual decision making. The book: (1) conveys a clear message that students can have and keep partners without having sex; (2) analyzes common myths about sexuality; (3) discusses ways to express love without having sexual intercourse; (4) covers the influence of risk-taking behavior on sexual decision making; (5) emphasizes the benfits of developing self-control; and (6) provides five optional parent/student homework assignments. (JD)

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